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WEDNESDAY, JANUARY 7, 2015

CONESTOGA COLLEGE, KANAWHA, ONT.

WWW.CONESTOGA.CAN

11TH YEAR 102

A new year, a new you

BY ARIANNA HUNTER

With 2015 now in the past and 2014 just beginning, many people find themselves starting over, including setting new goals for the year ahead. Making New Year's resolutions is something a lot of people do, but not all keep them in a different way.

Anything, by its very nature, is a habit created to provide health, safety and well-being. For those with serious habits, those 40 per cent of people who set a New Year's resolution revert back to their old habits within a month.

Barry Freed, a licensed mental health counsellor, says on his website (www.barryfreed.com) that the number is actually upwards of 90 per cent, adding that more than 90 per cent of people break about New Year's resolution by the six-month mark. However, not all hope is lost. Freed says that just by first setting a resolution you are 10 times more likely to actually achieve your goal than those who do not set one.

Freed also has some tips for sticking to your resolution. They suggest being specific with your goal. Instead of saying you want to save money, set a specific amount you want

to save each month. They also suggest writing down your resolution and placing positive affirmations about your chances of succeeding. Furthermore, they say having a resolution partner and making time to actually complete the resolution are key ways to help yourself achieve your goal.

People at the most popular resolutions include losing weight, saving money, eating healthy, or quitting or reducing a bad habit such as smoking or drinking.

Freddie Macdonald, a 20-year-old student, says her resolutions this year are to eat better and to save money with people.

"I work in a place with lots of unhealthy food, quick food options so my resolution for this year is to try to eat better and avoid the pizza and get more in shape as much as possible," she says. "I also want to try to be more honest with people and say what I'm feeling instead of holding my thoughts or bring about what I think."

Another thing to remember when setting a resolution is that if you slip up one day it doesn't mean the whole goal should go in the trash. If you are struggling to eat healthy and then you grab a Big Mac for lunch one day, just jump right back on the horse the next day. Keeping a New



PHOTO BY ARIANNA HUNTER

Yvonne Mitchell enjoys one last slice of pizza before beginning her New Year's resolution to eat healthier.

Year's resolution is about having a new good habit to replace a bad old one.

Andrew Jackson, a 24-year-old student living in Guelph, He says he usually

doesn't keep his resolutions but last year he was actually successful.

"My resolution last year was to stop drinking Coke. It was small but specific and I was

able to keep it. This year I'm trying to eat out less but not too," he says. "Maybe by keeping a small goal like this each year, in a few more years I won't be drinking pop in a bit."

Conestoga College universal bus pass on hold

AN ARIANNA HUNTER

Students at Conestoga College are going to continue to pay more for their bus pass in 2015 than the amount university students pay for the whole year.

Conestoga Students Inc. wanted a universal bus pass called a U-Pass, to be added to its tuition fees starting in September 2014, and held a referendum last year, asking students if they felt the same way. After a majority of students voted no, CSI took the proposal to the Board of Trustees, which is responsible for public and specialized courses.

The proposal was supposed to get back to CSI about the feasibility of implementing a U-Pass. However, Dean Byron CSI president, was upset to learn the plan was scrapped

with no consultation.

"We were not told ahead of time that regional council was not going to implement the pass in 2015. I found that out from a member of the Windsor Region Board," she said.

She added it is unacceptable that Conestoga College students pay \$207 per term for a pass, while Windsor-Lancaster University and University of Waterloo students pay \$17.50. "Conestoga students have the worst bus situation out of any of the post-secondary institutions in the region," she said.

Both universities are more centralized, so the students can reach the full benefits of the transit system. In contrast, two of Conestoga's campuses, Cambridge and Kitchener, are out of the way, so public transit is even more appropriate, she said. Grand River Transit (GRT)



PHOTO BY ARIANNA HUNTER

Tim McLaughlin, a 19-year-old promotional arts student, checks the bus schedule to see what time his bus arrives.

currently has seven bus routes that serve three campuses daily, two of which also serve Cambridge. "They should have a fast year promotional pass instead at Conestoga, I can't happy that the U-Pass has been put on

hold. He said it makes him a little angry.

"While it may be true that university students pay a lot more for their transit, college students still pay thousands each year," he said.

If the U-Pass was ever

added, it would cost college students only \$50 per term.

Dean Jean Mitchell said the region won't proceed with the U-Pass because the bus pass is too high. It would cost \$1.5 million to increase bus service to the college because 12 new drivers and 14 buses would have to be added.

Mitchell and she is also worried that students won't use the bus service, even with the U-Pass.

Mitchell said the region still wants to implement the U-Pass, but suggested the start date may be in the distant future.

"For the U-Pass to be put through in 2014, everything would have to be done at the same time. The buses, train drivers, extended bus services and buses. It's too much," she said.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is the hardest New Year's resolution you've made or heard of?



"I made one last year to lose 70 lbs. You can tell it never happened."

Ahmed Saleh,
second-year
international business
management

"The hardest resolution for me to keep would be to cut back on my procrastination because I do it a lot."

Alexandre Iguazas,
first-year
international business
management



"The hardest resolution for me to keep is to stop snoring."

John Fernandez,
first-year
advertising and marketing

"Those what I've heard the hardest would be to quit smoking, because even if you're mentally determined your body still thinks it needs the nicotine."

Jessy Perinowski,
second-year
respiratory therapy



"The toughest resolution of going to the gym isn't the most difficult, but it seems the most people have a hard time sticking to it and give up soon."

Ryan Selskirk,
second-year
current engineering
technology

"One year on the news I heard about a man who made a resolution to run a marathon every day for the entire year."

Ben Mearns,
first-year
biology



Get help for those winter blues

BY NERLEY BAKER

The winter can be a happy time of year, but there are those who feel depressed when the season arrives. The Canadian Mental Health Association helps people with seasonal affective disorder by providing them with special-kind lights that simulate sunlight in their homes.

"The reason why some people get depressed in the winter is because of the lack of light," said Linda Bender, coordinator of community development and education services at CMHA. "These lights are designed particularly for people with the disorder, so they can be under the same amount of light they would be in the summer."

Known as "light therapy," people with seasonal affective disorder sit inside a special fluorescent light box for about 30 minutes per day. When they notice their symptoms going away, they can stop using the lights.

Seasonal affective disorder is a type of depression that some people experience in the winter and occasionally in the summer. The symptoms of the disorder include thoughts of hopelessness, increased appetite with weight gain, loss of energy, lack of concentration and mood withdrawal.

For people with mild symptoms, Bender recommends they spend more time outdoors during the day and arrange their environments so they get as much light as possible. They should move furniture so they can sit close to windows, install daylight lights and add lamps in their homes.

For people with more severe symptoms, outside personal antidepressants are safe to take. Counselling and short-term treatments such as cognitive-behavioural therapy will help with depression.

There are many ways seasonal affective disorder can be treated at home, such as cutting down on sugar intake, eating more fruits and vegetables, and exercising every day for about 30 minutes. Alcohol should not be consumed as much in the winter, because it can make the depression worse, and create thoughts of suicide.

Although awareness of the mental condition has soared for over 150 years, it was not recognized as a disorder until the early 1980s.

"Many people who have the disorder don't know what it is," said Bender. "But the mental health association spreads awareness of it and provides help to those who have it."

Research in Ontario says people that live in three per cent of the general population may have seasonal affective disorder. Another 15 per cent suffer from the less severe "winter blues."

The disorder may affect some children and teenagers but it usually begins in people over the age of 20, with the condition becoming more in women.

For more information about seasonal affective disorder, contact the Canadian Mental Health Association at 515-745-3762.

FACTS ABOUT SEASONAL AFFECTIVE DISORDER

- It affects two to three per cent of the general population.
- The disorder can affect children and teenagers, but is much more common in people over the age of 20.
- It was not recognized as a disorder until 1980.
- Cutting down on sugary eating fruits and vegetables and exercising for at least 30 minutes per day can help treat the disorder.

COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

- Feel extreme anxiety when thinking about doing a presentation
- Find your palms sweat, your legs shake or your heart beats wildly before, during or after a speech
- Find your thoughts race and your mind blanks before or during a presentation
- Select your program/course assignments to be "safe" from having to make a speech
- Risk low marks or failure in a course by not doing a speech
- Develop creative excuses or excuses (find fault) at the time to avoid doing presentations
- Let others in your group "carry" the presentation
- Fear "making a fool of yourself" in front of teachers or peers
- Believe everyone is fairly calm but see yourself as a "weird"



These are some signs you may be experiencing one of the most common anxieties: public speaking anxiety. It can be overcome using a gradual approach involving: 1) recognizing and altering negative thoughts; 2) relaxation and positive mental rehearsal techniques; and 3) practicing in low-risk situations and then in situations with graduated levels of risk.

If your course work, your well-being, or your potential to perform as an employee are affected, it is time to do something about it. Remember, avoidance actually increases anxiety.

The following resources are available to you at the college:

- 1) Public Speaking Anxiety group in Counselling Services sign up ASAP!!
- 2) Read the *Anxiety and Phobia Workbook*, (Routledge) available at the LRC on the shelf and on reserve
- 3) Make an appointment with a counsellor in Counselling Services

A Message from Counselling Services.



PHOTO: JONSSON

Since receiving a liver transplant in July 2011, Ray Jonsson has been competing in races across Canada and promoting organ donation.

A marathon message

Runner promotes organ and tissue donation

BY BRIAN COUGHLIN

It was late 1996 when the disease made its first appearance. Running the Ancaster Mill Race in his hometown, Ray Jonsson was passed on a hot hill, an injury no one had been seen before.

"I was more exhausted than any marathon I'd run," said Jonsson, with a lightly dispirited manner. "I focused all my efforts on getting to the finish line without doing a face plant."

Just three days earlier the runner had asked himself if another race was and ran his fastest ever. So, when he collapsed for 45 minutes and missed the final segment, Jonsson suspected it to be something odd.

"When your symptoms are being told, those aren't symptoms you go to the doctor for," said Jonsson.

But, his low energy persisted longer than any common cold would and the runner finally went to his physician.

That's when they found it. Blood work came back, results were off the chart and every thing pointed to Jonsson's liver — he had primary biliary cirrhosis (PBC), a chronic liver disease.

The only cure was a transplant, so he was put on the transplant list in a wait list most more than a million patients for.

"You have to get very sick before you even make it, and then you hang on for your dear life and try not to get too sick to fall off," said Jonsson. "There's a shortcut."

He lost his marriage and business and completely rearranged his life during the 18 year wait for a new liver, but in July 2011, Jonsson finally received one at the London Health Sciences Centre.

Now, having gotten back to running and having completed this year's Ancaster Mill Race, Jonsson speaks about organ and tissue donation every chance he gets.

"It is literally the difference

between life and death," he said. "If that person's family had said no, it would have been game over."

Currently, only 23 per cent of all eligible Ontarians are registered for organ and to use donation through the Transplant Gift of Life Network (TULN). However, Rochester currently has 48 per cent registered.

It is literally the difference between life and death. If that person's family said no, it would have been game over."

— Jonsson

"In the last four years the number of registrations has gone up...but we still have a long way to go," said Kevin Green, president and CEO of TULN. "Twelve eight per cent leaves a lot of people

not registered and as many (patients) as the wait, but without hope."

Green credits some of the increase in donors to the new registration methods. Due to situations when donor cards may have been lost, a registration database was created. Donors can now sign up via www.transplant.ca, or by downloading a mailing form.

Along with various types of advertising, the TULN is promoting donating online through their Gift of Right page.

"A Gift of Right page is a personal or organizational page where you can state your commitment to donating and you send that page to others and ask others to register through it," said Green. "Our organ donor can come right from."

The TULN is also working hard to dispel myths about organ and tissue donation that lower the participation numbers. All major religious support donation, nobody is

precluded due to previous illnesses and no one is too old to be a donor and there, including common myths.

"Medical expertise and technology is improving constantly so a transplant has become the life-saving procedure available to us for more and more conditions," said Green. "We don't expect the wait list to go down and we know the number of transplants would go up dramatically if we had enough organs and tissues to meet the demand."

Jonsson knew the war in Afghanistan to make his point. From 2001 to 2011, 150 soldiers died in the Afghan war — they were welcomed and commemorated. But, as that same amount of time, 3,400 Canadian soldiers died while waiting for organs and tissue transplants.

"All the people on the wait list now look at the fact that only 23 per cent of eligible Ontarians are registered," said Green. "To them, the message is that three out of four people don't care."

We've survived another year

BY KIM HANDEL

The year 2012 witnessed tragedy and triumph.

In February, Whitney Houston died at the age of 49, a day before the 54th Grammy Awards. One of the most successful singers in the 1980s, her drug addiction took a toll on her career and on her life.

More than 150 lives were also lost just a few months back when Hurricane Sandy barreled into the Northeast, causing cities to evacuate and damaging many homes.

And, on July 20, 12 people were shot to death and 60 were wounded in a movie theatre during a screening of *The Dark Knight Rises* at Aurora, Colo.

However, the year 2012 also marked a time of people joining together for change.

Quebec students serve that province won an strike against a proposed, less 4%, to raise tuition fees to 75 per cent over the next five years. The movement started on Feb. 13 with more than 100,000 protesting students. After less than 24 hours in power, the newly appointed Parti Quebecois government cancelled the bill.

With the U.S. election on Nov. 6, Barack Obama won a second term in a close battle against Mitt Romney, gaining 51 per cent of the votes. But that wasn't all. Maine and Maryland voted in favour of either gay same-sex marriage. And Washington State and Colorado voted in favour of recreational use of cannabis while the medical use of marijuana was approved in Massachusetts.

In November, students of Ontario elementary schools threatened to stop working in December. Elementary and high school teachers are angry about the change to their contracts with new rules that restrict their right to strike or refuse to work outside school hours.

On Aug. 6, 2012, NASA's rover Curiosity landed on Mars to search for life. NASA announced it has found evidence of water, sulphur and methane-containing chlorine on the "Red Planet" about four months after its landing.

And let's not forget, we did survive the New Year's Eve hype.

As I type this 2012 is to the fullest. As American author Mark Twain said, "Nobody can go back and start a new beginning, but anyone can start today and make a new ending."

The views herein represent the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the

editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification. Unsigned letters will be published. Letters should be no longer

than 300 words.

Spoke reserves the right to edit any letter for publication. Send letters to www.spokeonline.com with the subject line "Letter to the Editor," or bring them to Room 1020B at the Deen campus.



Being late has to be my top goal for 2012.

Let's remove the definition of punctuality — is he present.

Punctual — happening or doing something at the agreed or proper time, on time.

Most of us understand what punctuality is, we've all been taught to be on time, but what I don't understand is how people can think that showing up three plus hours late is acceptable.

It bugs me to no end that even with modern technology people are still late and don't give any notice.

I mean, at times I write 20 minutes to send a text or make a call saying you're going to be late.

A few years ago, while I was still in high school, my best friend and I were waiting to get ready to go to our first exam with our boyfriends.

We were told they'd come get us at 4 p.m., and then we would go to the new boyfriends' houses for dinner.

At 4 p.m. they weren't there, so I figured it was just



Jessica Delaney
Opinion

traffic and they would arrive soon.

At 4:15 p.m., still no sign, not at 4:30 p.m. By this time, every car that came down the street got out of bed as time was quickly followed by disappointment.

At 4:30 p.m., I decided to call and find out what was going on. First I tried his cellphone — no answer. So I called his home phone which he answered.

When I asked what was going on, he said "We're coming the 4, we decided that by coming at 4 we'd be too early to the house."

I was disappointed to say the least. Why were we not informed of this change earlier? If we would have known, then we wouldn't have had to rush to get ready on time, nor would we have been waiting around for half

an hour. I'm someone who prides herself on being punctual, and of the consequences reason I can't be on time, or early, I at least have the decency to call or text with a reason.

The world would be chaos if everyone acted that way.

Imagine waiting at the doctor's office because he decided to take a late lunch. Or imagine waiting at the store because your significant other didn't get out of bed as time.

It's common courtesy to inform the other party that you won't be showing up on time. There's no nothing worse than sitting alone in a crowded restaurant reading and re-reading the menu in a poor attempt to make things less awkward. It wouldn't drive me as insane if people would let me know they were going to be late.

It'll help a loads up, then, so they I could get some extra cleaning done around the house, or maybe I could do some homework.

Most of the time late — don't be late, and if you are, at least have the courtesy to inform the other party.

SPOKE

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Guelph plan hits road block

BY MARK STEINBERG

The City of Guelph has come to a crossroads with the Ontario Power Authority (OPA) over the energy being supplied to citizens.

In 2007 the City of Guelph developed the Community Energy Plan, which is an act line on how to supply the city with self-sustainable energy. The plan calls for the use of energy sources such as solar and geothermal.

The plan is designed to account for the population growth of the city for at

least the next two decades.

The plan states that the greenhouse gas emissions of Guelph will be less than the current global average. It also states that by 2031, the energy efficiency levels of the city will be equal to the current global best from Scandinavia and Germany.

However, Jack Gibbons, chair for Ontario Clean Air Alliance (a group of nontoxic alcohol organizations that are pro-renewable energy), said the OPA is reluctant to fund the plan, in part because they want to build a new high voltage transmission line into

Guelph instead.

"They are refusing to enter into contracts with the City of Guelph. They want to do it their way. They're stuck in the 'tillde', he said.

Gibbons also said people need to start demanding that this plan be put into action. He suggested people call Energy Minister Chris Bradley and Guelph MP Lou Stedman to voice their opinion on what type of energy plan they want.

"It's the Community Energy Plan, not the OPA plan. It's a blueprint for Ontario, for Canada, and

for the world in the 21st century," Gibbons said.

He added the plan will not make Guelph completely self-sustainable at first. However, it will provide the city with the necessary steps to reach that goal.

Some attempts to conserve energy are already under way.

A program run by the Toronto Hydro Corporation is already in place to help reduce energy consumption.

Called the "proserve" program, it is for all of Ontario and deals back on contributions during hot summer

days for brief periods. But this is only being used by three per cent of Guelph Hydro users.

Gibbons said people don't quite understand the "lower cost and higher efficiency of renewable energy."

Guelph city council is currently looking to approve the Community Energy Plan. Even if it is approved, it will still require funding from the OPA.

The media relations office with the Ontario Power Authority did not respond to repeated attempts for comment by press time.

Banish all year holiday cheer

Christmas has passed and the joy and gladness that accompanies the holiday usually goes packed away with the quality doors.

However, there are some who like to feel the magic of Christmas all year long.

We all know people in our neighbourhood, or in our parents' neighbourhood, who leave their decorations, or at least their Christmas lights, up year round.

It makes no sense, do they really love Christmas that much, or are they just too bothered to take them down and put them back up in a year?

I mean, really, it's not as if you have to take them down and put them back up every week.

Then I got thinking about my own neighbourhood and the year-round Christmas houses on my street... maybe they just want to keep their houses looking pretty, but if someone doesn't think the season.

My neighbourhood doesn't look cozy or terrible, but these neighbours... they aren't the least bit of it.

I could understand if everyone on the same street had the same tree and decorations for the holiday. Maybe we would all want to keep the decorations up all year (even that would make as a little crazy, but it might be charming). However, that way the ones on it look like they have them are a few



Robin Macpherson
Opinion Editor

houses with Christmas wreaths and boughs on their doors and like you get pulled away from their parties in the middle of May.

Can you imagine Christmas every day. No, just a year?

All the snowing, presents every morning and don't forget the children's stockings, snow or daylight or if you are the child on Christmas.

accompanying with excitement... How could I possibly resist that?

Personally, the joy I find in Christmas is sometimes a short lived, but appropriate (I'm on Scoop).

I enjoy the time when they first come out, the glitter, the sparkling LED lights making houses in the dark and the real thing. Also, I'm a Christmas tree lady so I enjoy having the Christmas tree up for my birthday, which is just a few days after, however, decorations shouldn't be kept up after the first week of January.

Once the kids go back to school, please, take down your decorations.

PROVIDING LIGHT IN THE DARKNESS



Photo by Mark Steinberg

Jane Pyper, a volunteer with Banquet of Hope, an AIDS Foundation in Guelph, with candles at a World AIDS Day benefit in the River Run Centre on Dec. 1. The goal was to raise \$50,000 for AIDS.

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Showcasing the world

Festival promotes multiculturalism through music

BY HENRY DEARDORFF

A Vancouver woman brought the world and all its culture to the city during her second annual festival, the World Fall Festival.

The two-day event on May 30 and June 1 featured musicians from around the world with a focus of Canadian culture blended in.

An artists' group showed some of Canada and its culture in various ways, the music festival was a core theme. The purpose of the festival is to give the music a platform, a place to show the blending of cultures while keeping some of its original intent.

“Most people know of Bollywood dance but they don’t know about the classical and forms which are very old.”
— *Isabel Cristina*

The plan is the broadside of Cristina, who arrived in Canada 10 years ago as an act of work ethic.

She found the streets looked very different to her from what was being portrayed. The culture of the music was not being seen. It was being identified with something new, leaving the

original behind.

She started writing and performing her own work and eventually became known for her music. This eventually led to her creating the World Fall Festival in 2008, a nonprofit organization dedicated to building bridges in the community through music, dance, drama and visual arts.

The final day of the 2013 festival featured three performers. First on stage was Jaki Irwin, who has been performing since she was three. She learned the art of Indian dance from her mother as they had a dance studio back in India.

Most people know of Bollywood dance but they don’t know about the classical art form which are very old,” Cristina said.

Dance has opened her own dance studio in Waterloo. She thinks it is a dying art form and felt the need to teach it. She added she can have a conversation without using words because the dance is a form of sign language.

D. Ray Ayler, originally from Jamaica, was the second performer. He is a multi-instrumentalist who uses the sounds of various instruments and his own voice. By the end of her performance, she had covered an entire hour just with her voice.

After performing the second act, a local band.

So, then technology had to take the place of music and people to it over.



and over after she passed a peak. One by one she added several loops around the neck of

dance, symbol, background music and more, all created by her voice.

“You have to have a lot of rhythm and you have to be right on beat to make sure the loops are together,” she said.

The idea is to have a unique piece that would cover all four days. This was the reason the 2013 event had a two-day, pay program pass.

European-style dance performed by a group of seven. They featured dancers from Japan, Japan, Japan, Japan, Japan, Japan, and a K-pop dance performed by Japanese dancers.

Cristina knew world music and was greatly concerned about what happened to it when it was imported. She points out that cultural diversity has led to a blending of many cultures, music is a form of art. What made up happened in a lot of the original style and culture of that music. The festival is one way to keep it in the forefront.

During the festival, Cristina produced a concert series also called Show the World. Two years ago she created a musical festival and was needed to showcase all the world music, they had showcased every piece.

Cristina said the 2013 festival was a pilot for the year's event, which she hopes will be a four-day festival with an annual theme.

The idea is to have a unique piece that would cover all four days. This was the reason the 2013 event had a two-day, pay program pass.

After the performance on the festival stage at the Show the World festival, a multicultural event held in Vancouver, British Columbia, on May 30 in Guelph, L.

PHOTOS BY HENRY DEARDORFF



The World Fall Festival music from around the world, including African drummer Ali Akbar, the Cuban Salsa and Flamenco guitarist and composer Jorge Miguel.



D. Ray Ayler (left) performed at the Show the World festival which was founded by artist Isabel Cristina (right).

A voice for the voiceless

BY BRIAN BOGDANSKI

Chances are if you have driven down Highway 100 in Boulder, past the Grand Valley Institute for Women recently, you have seen Jamie Buckton outside protesting. Buckton was at the site after recent allegations that a conventional facilities officer has been trading drugs and cigarettes for sex.

Standing by the side of the road in a pink baseball cap and overalls, Buckton holds a sign in one hand and his dog in the other.

"The reason I'm out here is because I heard that there was a male guard here who was suspended for trading tobacco or drugs for sex," Buckton said. "I want the staff out of here and they are 90 per cent male. I just don't think a woman's person should be run by men."

However, Buckton is not just a person off the street; he does have a direct out-

let from the prison: James Buckton. James's wife has been serving time inside the Grand Valley Institute for two years, after being convicted for what James calls helping in the proceeds of crime. So it seems a little cheek that, when Buckton heard the news of the allegations a week a shard with him.

Both public and media responses have been positive and Buckton, who has done interviews with CTV and is working with local university students to help spread awareness through social media.

"There are university students who are pretty involved social networking were. They're here, they don't have the time to come out and do this but they have started a Facebook page called 'The Grand Valley Prisoner'."

As for his companions who pass him every day, Buckton said he has been getting a lot of support, shows

through the looking of horns and people waving, but he doesn't expect to get it from everyone.

"The only looking for that one in 200," he said.

Support has also come in the form of Centennial College student James Morrison, who donated both the allegations and the protest, with Buckton after passing him several times on the way to school. It was after going home and researching the facts behind the whole situation that she decided to stand outside the institution and join in the protest.

"I had driven by a few times and had seen James out. The one night it was pretty cold so I went and grabbed him a meal from McDonald's and a coffee and I came down and asked him why he was here. He told me what was going on, and I then asked him what time he was here until, then I went home and researched to see if what he was saying was

true. So I googled it, found a link of what on CTV and then I came out the next day, and I've been here since," said Morrison.

Both Morrison and Buckton agree that if allegations like these are to be avoided in the future, preventative measures need to be taken. For Buckton, having more female prison guards would be a large step in the right direction.

"I think as a woman's facility, the guards' numbers need to be increased. It needs to be 50 per cent men and 50 per cent women. The 50 per cent of men alone, he shows the three biggest women who do have tempers. And if male guards need to work, the best way to keep other

men out there is fine, but there shouldn't be men running the facility," Buckton said.

According to an article in the Western Region Record, an in-house investigation has been launched regarding the accusations. Morrison said she is happy to hear that something is being done to determine what truly happened. She hopes if a guard is found guilty, he gets more than just a suspension.

"They are doing an in-house investigation now, that's good, but if any of the officers are showing their power, it's not OK. They shouldn't just get a suspension, they should be kicked out."

Grand Valley administration couldn't be reached for comment.

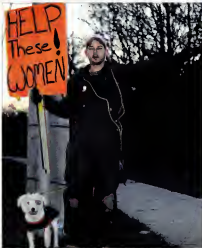


PHOTO BY BYRON BOGDANSKI
Jamie Buckton protests outside the Grand Valley Institute for Women after recent allegations that a guard was trading drugs and tobacco for sex.

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PHOTOS BY REBECCA SPANNEY
Paintings by visually impaired artists were on display at Kitchener City Hall's Berlin Towers last month.



All eyes on art at Kitchener City Hall

BY REBECCA SPANNEY

Seeing is believing, but if there is no vision how does one create? The truth is vision is not just about using your eyesight, it is a feeling as well. An imagination that everyone is capable of. In December this theory was on display at the thought art exhibit in Kitchener City Hall's Berlin Tower ATRIUM.

The exhibit featured the work of four visually impaired artists, including

Steven Krieger. He discovered his joy of painting and creating art at the CNIB Lake Joe camp. This accessible recreation camp, which runs from June to August, is for people who are blind or have vision impairment.

The art program was started by an artists' collective called Thought. They wanted to get rid of the barriers of the visual arts. Each artist teaches different aspects of the arts to participants. One of the artists who works with the impetus at Lake

Joe is Yvonne Felix.

She started helping out at the camp last year and has been instrumental in turning the arts program into five weeks of art sessions.

Felix understands the assumptions that visually impaired people face when creating art. She is an encouraging public and community artist who has vision impairment. After being the first graduate with vision loss to get her degree at the University of

School of Art, Felix knew that she wanted to change the way people viewed art. She creates large scale public installations that people with any disability can "use." Using multiple mediums to create, her art also knows that having a loss of vision doesn't mean she cannot continue to create. Advocating for this cause is her passion.

"It's not about seeing with your eyes. It's about seeing it with your heart and mind," she said.

Anyone who is blind or visually impaired can also learn how to create art at one of Thought's art classes or workshops. The artists' artwork work are on-site with participants to create quality art. For more information go to www.yvonnefelix.com.

Felix said that defining art puts barriers on what you create.

"Art is more about the process than the end product, don't put limitations on the story," she said.

K-W SYMPHONY SHINES WITH CONDUCTOR EDWIN OUTWATER



PHOTOS BY REBECCA SPANNEY

The Kitchener-Waterloo Symphony, conducted by Edwin Outwater, plays the music of Franz Schubert and Gustav Mahler during *Concerto for Violin and Orchestra*, on Nov. 30 at the Centre in the Square. Though that particular event ended on Dec. 1, the K-W Symphony has released its schedule for 2013. It will include music from Shostakovich and Beethoven.

Education key to legalizing cannabis

BY KIM MARSH

The event went well, with the car on the head-of-downstairs at the Toronto Public Library on Nov. 20.

The small lead to a room where people who enjoy using cannabis discussed the plant. The Nov. 20, residents in the U.S. states need to take the drug laws and legalize the recreational use of the drug. In Colorado, the state now allows the growth of up to six plants for personal use.

However, Canada has tough laws on its drug laws. Growing into effect that state day, growing six plants could result in a minimum of six months in jail, according to the Public Safety and Communications Act, Bill C-51.

To promote legalization, Ted Smith, author of *Herzology 101*, held several cannabis conventions across western Canada, including a stop in Toronto.

"These events, like Smith's book, educated people about the cannabis culture plant. The book includes scientific studies on cannabis in medicine, its industrial uses and its history."

Smith, currently living in Victoria, B.C., is a former grad of Wilfrid Laurier University. He moved from Ontario to British Columbia where he attended a botany meeting in Vancouver.

"I learned about the potential uses of hemp, for clothing, fuel, plastics and paper, to a vast array of potential industrial applications," he said.

Publisher of *Herzology 101*, Smith also spoke at the event.

He said, "Hemp has a lot of uses, for food, construction, and it's better than concrete. In Europe they're doing foundations and building tall homes out of hemp."

One brand name product distributed in the U.K., *Herzology*, is a construction product made out of hemp straw and is hemp-based fiber.

According to the construction product's website, "Hemp is the second fastest growing crop plant on Earth after bamboo."

It also said hemp also, the second fastest growing plant is used for its mechanical strength, durability, sound and thermal insulation, and exceptionally high carbon capture.

Before Smith created the magazine, he was a pastor.

He said at 33 years of age, he started smoking cannabis before moving into harder drugs.

However, he said, "I've been winning off hard drugs for 10 years and it was really

the cannabis that helped me get off them. They're talking about the gateway that cannabis is to hard drugs - it's the black market that's the gateway. The drug dealers are the gateway, not so much the cannabis itself."

He also wants cannabis to relieve a number of his medications.

"I suffer from arthritis, from constant vomiting, I have bipolarity C and I have severe arthritis in my knees. I don't take any painkillers or anything, all thanks to cannabis."

He said *Herzology 101* is an international magazine "for patients by patients."

"It's not about money, it's about education," he said.

"It's about being in the mainstream media without being stigmatized, getting true information out there from doctors."

Don Edwards, co-owner of The Vapor Store, a lounge in Toronto, also spoke at the event. The vapor lounge specializes in glassware, in perfume and other cannabis-related items.

He said it's also a place for people to get together to meet others.

"The biggest thing I was hoping for in the opening of The Vapor Lounge is to bring legitimacy to the whole thing. We're not just a bunch of dumb stoners, we're not just sitting around playing video games all day or doing a round down on our long boards," he said.

"But the people who have medical issues had a conversation with anyone or never had an experience with journalism, they're looking at it through what the media says, what they see on the Internet and what they see on *Philosophy Express* and *Chem* and *Chung* and all this kind of stuff."

Smith said educating people about cannabis is a media role and helps change people's view on it.

"Let's face it, there's been these tobacco rules, which have not been helped and not kind of rules for alcohol and it really hasn't opened the doors," he said.

"If (medical-research) patients were allowed to dedicate a percentage of our growth (of cannabis) to research, we'd be so much further ahead. But we're not allowed to share, we're not allowed to help one another. So the only way to get rid of this is through 100 per cent legalization and the only way to legalization is to get out there and educate people about the benefits. Eliminate the propaganda."



Ted Smith, author of *Herzology 101*, speaks at Toronto's cannabis convention on Nov. 20 at the Donerose Public Library. The event was held across western Canada to educate people about cannabis.

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PHOTO BY MARGARET MCKENNA

Canadian Furniture and Home Furnishings retailer, Union Barn, held a Blanket the Country for Warmth event, where, for a \$15 donation, customers could donate a new Space Blanket supplied by the store to a homeless shelter in their community. The company hoped their initiative would provide 8,000 blankets to those in need. The event ran at all 41 Union Barn retail locations in Canada's five most westerly provinces. Above, Andre Trudel (from left), Holly Loew and Ashley Tuller stand by a display of Space Blankets at the Cambridge store located at 60 Pinchuck Rd.

DANCING THE NIGHT AWAY

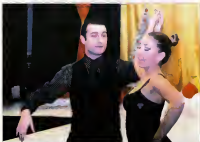


PHOTO BY MARGARET MCKENNA

Dancers from the First Austin Dance Studio amazed the crowd at the Jewellery, Fashion and Gift Show, at Kitchener City Hall on Oct. 2.

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